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Joey Cook, left, and Mike Burt of Blackbook Collective were behind the mural on Blowers Street.

JEFF HARPER/METRO



IN THE PAINT

Raptors mania helps grow the game here in Halifax

metroNEWS metroSPORTS

Homes vs. Hondas

NORTH END

Residents are concerned over dealership's bid for bigger lot

 **Haley Ryan**
Metro | Halifax

Opposition is growing around a parking lot expansion in Halifax's north end, but one city councillor says they won't leave "any stone unturned" when examining if residences can actually be demolished.

Steele Auto Group has bought 24 properties adjacent to its Colonial Honda dealership on Robie Street from North to May streets, according to the Homes Not Hondas Facebook group of residents opposed to the project.

The company has been granted 19 demolition permits as of Monday afternoon, Halifax Regional Municipality confirmed. "The real concern here is ...

loss of housing, particularly from the urban core (and) the changing nature of that community and streetscape," area councillor Jennifer Watts said Monday.

The area, like much of the north end, is zoned C-2 under the current land-use bylaw, which allows for broad commercial purposes including auto dealerships, Watts said.

Watts said she's had conversations with HRM's legal and planning staff around the issue, and they are looking into the effect behind a phrase in the Municipal Planning Strategy that reads existing housing should be "maintained, or encouraged to be maintained."

Steele Auto did not return Metro's request for comment.

The Homes Not Hondas group had 734 members as of Monday, a petition has been circulated, multiple people have called on Steele to sit down with the public and discuss an alternative, and a picnic and protest are planned for next Wednesday at noon on Fern Lane.



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Voices against sexual violence

SAFETY

Strategy helps individuals, groups be heard and supported

Yvette d'Entremont
Metro | Halifax

A junior high student made a powerful statement about sexualized violence during a provincial funding announcement at Dartmouth's Northbrook Community Centre on Monday.

Kayley Dixon, 14, performed a piece entitled *A touch of sexual assault*, spoken word poetry she created through the Youth Art Connection project, one of 11 community initiatives that received funding through a Community Services prevention innovation grant. In part, she said:

We said no, but that meant yes, so they grabbed us, and unzipped our dress. They threw us down, where our dignity sank lower than the ground. They hovered over us, and we pleaded for them to stop. They get on top and you don't need to know the rest, because we are some of the 68 per cent of victims that



“It's really important for especially youth to speak out about it because we are the next generation.” Kayley Dixon

Kayley Dixon wrote a powerful spoken word poem in collaboration with grant recipient, Youth Art Connection. JEFF HARPER/METRO

will never tell a soul. So we'll just grab our dresses, and go home. Take a few showers, and try to get some sleep. In the morning we will pick out the outfit that is the most discreet, because we want to make sure no other man from the street thinks we look

sweet enough to want a taste.

Her piece was greeted with thunderous applause and a few tears from those in the crowd. It was a powerful way to mark the second anniversary of the province's Sexual Violence Strategy. Community Services Minister Joanne Bernard took the oppor-

tunity to announce funding for community groups in the Halifax area and Colchester County, like the organization that supported Dixon's work.

"These groups are already leaders in their communities," Bernard said of the 11 recipients. Youth Art Connection received \$22,250 for its Youth Arts Leader-

ship Project.

"Our main focus is supporting youth through the power of the arts, helping youth to discover their identity and discover ways of getting their voice out in to the world in a meaningful way," said co-founder Ann Denny.

In an interview, Dixon said creating and writing her piece with

encouragement from Youth Art Connection was empowering.

"I think that a lot of people think that youth may not realize or know about sexual assault or violence, and I think that it's really important for especially youth to speak out about it because we are the next generation," she said.

+ FUNDING

Province provides \$250K for programs for victims and survivors


The three-year Sexual Violence Strategy is a \$6 million project, with \$2 million allocated to the initiative each year.

On Monday, 11 community groups received more than \$250,000 in prevention innovation grants.

"It is an active project and is working with communities to help victims and survivors of sexual violence get the support they need and helping everyone through education and awareness," community services minister Joanne Bernard said at a funding announcement on Monday.

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ENTERTAINMENT

Charges against Trailer Park Boys actor Mike Smith dropped

A misdemeanour domestic battery charge has been dropped against Trailer Park Boys actor Mike Smith a month after his arrest in Los Angeles.

Smith, who plays the character Bubbles on the Canadian cult comedy, was arrested on April 1 after an incident at a Hollywood hotel involving a woman.

He was released on bail hours later, after being booked on suspicion of misdemeanour domestic battery, and had been set to

appear in a L.A. court last Friday. The Los Angeles City Attorney's office said Monday Smith's charge had been dropped.

Spokesman Frank Mateljan said the office decided not to pursue the charge "due to lack of sufficient evidence."

Smith, who is from Nova Scotia, had denied any wrongdoing in a written statement issued shortly after his arrest, saying the woman involved in the incident was a friend of his

with whom he had a "loud and heated dispute."

"At no time did I assault her. I am not guilty of the misdemeanour charged against me," he said at the time.

In the same statement, which was issued by the Trailer Park Boys, a woman who was described as the alleged victim in the incident also denied the police allegations.

"At no point did I feel I was in danger, otherwise I would've called the police myself, which I did not," the woman was quoted as saying. "The police were called by others not present in the room who mistakenly perceived the argument to be something other than what it was."

The statement also said other members of the "Trailer Park Boys" and all staff "stand behind" Smith. Not long after news of Smith's arrest surfaced, however, his then Trailer Park Boys co-star Lucy DeCouture announced that she was leaving the show. THE CANADIAN PRESS



Actor Mike Smith, centre, portraying signature character Bubbles from Trailer Park Boys. THE CANADIAN PRESS

WINDSOR

Firefighters team up to rescue scared cat

Monday was Bella's lucky day.

The frightened feline had spent the past 24 hours trapped in a tree, about 15 metres up from ground level. She was barely visible, hiding amongst the top branches of a pine tree.

"A lady's cat got chased up a tree by a dog out here. We don't typically do cat rescues, per se, but it had been up there for over 24 hours," said Wind-

sor's Deputy Fire Chief Jamie Juteau.

The Windsor Fire Department teamed up with the Brooklyn Fire Department to rescue the clearly frightened kitty.

The rescue itself took mere minutes. McDade returned Bella to the homeowner and said she promptly grabbed a bite to eat. TC MEDIA

COURTS

Man arrested for robbery

A 24-year-old Dartmouth man appeared in court Monday after being arrested for an armed robbery in Halifax. The incident took place April 28, where a 21-year-old man was assaulted with a knife and robbed. The man was arrested on April 30, and faces multiple robbery, weapons and assault charges, in addition to uttering threats. METRO



Tyler Richards is one of the recent homicide victims. The body of the former basketball standout was discovered April 17. METRO FILE

Public stepping forward with info

CRIME

Tips providing police leads to solve string of homicide cases



Nadine Yousif
For Metro | Halifax

Halifax Regional Police say they are working on leads in regards to the recent string of unsolved homicides in the city, but would not specify the number of community members that have come forward with information.

Const. Alicia Joseph, a police spokeswoman, said although they cannot speak to the number of leads coming forward

to protect the integrity of the investigation, all information available is being pursued.

"We're working on any possible leads we have. Certainly if information does come through, we look at that," Joseph said.

The city has seen a recent rise in homicides over the past month. Tyler Richards and Naricho Clayton were both killed in Halifax during the week of April 17.

Daverico Downey was the victim of another homicide in North Preston on April 23, and Joseph Cameron was also shot and killed on March 29 in Dartmouth.

Joseph said police have been able to identify a possible connection between the Richards and Clayton killings. The other homicides, however, do not appear to be connected to the

7
There have been seven homicides across the Halifax Regional Municipality in 2016.

rest, she added.

With the recent surge of violence in the city, Joseph said police have been working with the community in an attempt to prevent future incidents.

"We are reaching out to citizens and the community groups who may have influence with the hopes of diffusing the recent hostilities," Joseph said.

She added more officers, including plain-clothes police, have been actively on the lookout and involved in the investigation.



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Experts, PCs call for counselling tax credit

MENTAL HEALTH

Initiative would benefit those doing pro bono work



Yvette d'Entremont
Metro | Halifax

A psychologist joined Progressive Conservative leader Jamie Baillie on Monday asking the province to introduce a psychology services tax credit act.

The initiative would provide a tax credit to psychologists who perform pro bono work.

"Only last month we were all horrified to see the story of Cody Gloade who did everything that we ask of that young man and others like him. He...self-identified that he was suffering from a mental illness," Baillie said during a press conference.

"He called a crisis line. They

told him about the wait list for counselling services. He went to see his family doctor. He told him how long he would have to wait for help, and tragically Cody Gloade couldn't wait and he succumbed to his illness. He died by suicide... We have a plan today to address this gap in our mental health system."

More than 250 psychologists work in private practice across the province.

In an interview following Monday's press conference, Dr. Victor Day said that while issues surrounding access to mental health services require a longer-term solution, he believes providing a tax credit is a "quicker, easier, partial solution."

Day is a psychologist and past president of the Association of Psychologists of Nova Scotia.

"The long run solution is to improve private insurance plans for most employees which are usually insufficient, and the other is to improve the amount of psychological services in the public health system," Day said.



Cody Gloade died while waiting for treatment after self-identifying that he was suffering from mental illness. TC MEDIA

Day said efforts to reduce the stigma surrounding mental illness in recent years have been successful, and more people are seeking help.

"The problem the system has generally now is there are not enough resources to meet the

demand because the resources were designed to meet the old demand," Day said.

"We have encouraged people to seek help in larger numbers and unfortunately the resources weren't provided to back that up."

NURSING HOMES

Minister considering death disclosures

Nova Scotia's minister of health says he's considering public disclosure of nursing home deaths caused by violence between residents, after records obtained by The Canadian Press showed five such fatalities went unreported since 2008.

Leo Glavine said Monday potential disclosure will be addressed in the Liberal government's continuing care strategy coming this year.

Glavine said he'll "give every consideration" to changing the policy and allowing public notification on the deaths — as occurs in Ontario through the chief coroner's office — but added he's reluctant to tie the deaths to specific nursing homes out of concern for the privacy of families.

"I absolutely believe in 100 per cent transparency of any death. Yes, they involve dementia in many cases, but ... are there ongoing assessments to make sure the client is in the right place in the nursing home? We need to have constant

+ RECORDS

The records include brief details, such as a witness calling out "Hey, hey, hey" before observing a 71-year-old man fatally shove an 81-year-old last September at Parkstone Enhanced Care residence in Halifax.

Another report from May 2009 at Glen Haven home in New Glasgow says, "medical records... describe an altercation at the home during which the deceased was pushed."

vigilance," he said.

Both opposition parties have called for public notification after medical examiner records released through freedom of information showed five out of eight deaths — usually due to shoving or altercations — weren't revealed over the past eight years.

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UNIVERSITY

Icons to get honorary degrees

One of Canada's most iconic singers is receiving an honorary degree from a Halifax university.

This Thursday, Mount Saint Vincent University will recognize the achievements of more than 600 students during spring convocation on May 19 and 20, alongside Anne Murray, Maude

Barlow and Sheelagh Whittaker.

Murray is one of the best-known Canadian singers in the world, and has sold more than 55 million recordings over her career and had more than 30 charted pop hits on Billboard, according to a release from the Mount. Barlow will be honoured

during the ceremony Thursday at 10 a.m., Whittaker during the afternoon on Thursday at 2 p.m., and Murray during the morning ceremony on Friday at 10 a.m. All convocation ceremonies are in the Seton Centre Auditorium, and will be streamed live on the MSVU website. METRO

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BASKETBALL

NBA, NBL Canada successes inspire



Jeremy Mutton
For Metro | Halifax

With a stunning victory over the Indiana Pacers in Game 7 on Sunday night, the Toronto Raptors advanced to the second round of the NBA playoffs for just the second time in franchise history.

While great for the nationwide fanbase accustomed to playoff heartbreak, it's also good for getting more Halifax-area kids into the game.

"Their on-court success is huge for the participation in youth basketball," Ryan Dickison, operations manager at Basketball Nova Scotia, said Monday.

"It's a communication that we have elite, high-performance athletes north of the border... for these young adults to look up to as positive, influential role models."

But it's more than just the Raps' success fuelling the growth of the sport in Nova Scotia.

"There is professional basketball in Canada, not only at the NBA level but also the National Basketball League of Canada," Dickison said.

With local live games to enjoy and the Raptors' success being broadcast on TV and social media, kids have plenty to inspire them.

"They feel that their short-term and long-term goals may be that much more attainable," said Dickison.

Locally, tip off on NBL Canada playoffs starts Thursday night at the Scotiabank Centre, with the Halifax Hurricanes taking on the Island Storm in Round 1.

In anticipation of the Raptors'

playoff run, BMO partnered with artists across Canada to create graffiti art.

Halifax artists Joey Cook and Michael Bart are co-founders of The Blackbook Collective. They painted the Raptors mural on Blowers Street downtown.

As a huge Raptors fan, Bart was happy to get the job.

"Mike would have done it for free," Cook added. "If you're a Raptors fan and they call you to make a mural, it's almost like your duty."

As the Raptors gear up for the start of the second round, many ball players here will be gearing up for summer teams.

Dickison said "the sport is certainly growing" and there are more athletes trying out for summer provincial teams and more teams competing in provincial championships in recent years.

Last August, Nova Scotia defeated Ontario 116-109 in an overtime thriller to win gold at the Canadian Under-17 Boys' Basketball Championship.

Meanwhile, the Raptors play Tuesday night in Toronto against the Miami Heat in pursuit of their own championship.

"If they can make a run out of this, the whole country would be behind them," Bart said. "Basketball is big here."



Fans watch the Raptors during Game 7 on Sunday.

CHRIS YOUNG/THE CANADIAN PRESS

Force is strong with Haligonian's short

ENTERTAINMENT

Local fan film draws praise from sci-fi series star



Olivia Carey
For Metro | Halifax

A Halifax-produced short film is already gaining traction among Star Wars fans, and it was only released on YouTube last week.

So much so that Mark Hamill, who played Luke Skywalker in the original Star Wars series, has taken notice.

Hamill liked the movie's poster, posted on Twitter last Friday, featuring Britney Canzi, who plays Princess Leia in the film.

"That was a pretty big thing for us that we got noticed. And approval from him of all people," Canzi said Monday.

The five-minute short film has over 2,100 views and was submitted for entry in the Star Wars Fan Film Awards 2016.

David Connellan, director of the film, said Monday emotion is what sets his drama apart from other entries.

"I know that a lot of the other fan films are going to be action-oriented; there's going to be a lot of saber duels and battles and that kind of stuff like last year's."



A still from the fan made film, The Mask of Leia. The film focuses on the psychological battle endured by Princess Leia, one of the science-fiction franchise's principal protagonists. HANDOUT

The Mask of Leia tells a story about Princess Leia's psychological battle.

"I think because Princess Leia is such a prominent character in the story, but she's only alluded to in a lot of things that go on with her," Connellan said.

"We don't really understand what her character motivation is. We don't understand what's going on in her own mind."

Canzi was the clear choice according to Connellan.

"I couldn't have been happier with our leads," he said.

"Literally everything I

could've wished for just walked through the door."

Canzi said the support has been incredible.

"A lot of people are in shock that they find I look a lot like Carrie Fisher. Even I see the pictures and I'm like, 'oh my goodness, they're right!'"

The film will be viewed and judged by the director of Rogue One and others involved in the production of Star Wars.

The end result? A \$250 prize pack. But most of all, bragging rights.

"It's just basically recognition of the work that you've

done," Connellan said.

Judges will make their decision by May 22, based on the submissions' filmmaking or animation, storytelling, character development, voice over and acting, originality and overall entertainment value, according to the Star Wars Fan Film Awards website.

The winners are set to be announced between July 15 and July 17.

"It's going to be a long journey but I'm very confident in our cast and I'm very confident in the people that have been working on this."

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POLITICS DUFFY RESUMES SENATORIAL DUTIES ON PARLIAMENT HILL Sen. Mike Duffy is back on Parliament Hill after keeping a low profile during his long-running legal odyssey. Duffy's return comes less than two weeks after he was acquitted of all 31 charges in his trial for fraud, breach of trust and bribery. Duffy was suspended from the Senate over his expense troubles, but the suspension was lifted with the last federal election. SEAN KILPATRICK/THE CANADIAN PRESS

Feds quietly pay \$75M settlement

LAC-MEGANTIC

Move may have been made to avoid lawsuits in train tragedy

The federal government quietly spent \$75 million to settle with victims and creditors affected by the Lac-Mégantic rail disaster — a contribution that also shielded it from lawsuits related to the deadly crash.

Former transport minister Lisa Raitt said the deal, which involved 24 other defendants who settled, was under negotiation before her Conservatives lost the October election to the Liberals.

The Liberals have refused to reveal how much the government gave to the \$460-million settlement fund, even though at least two parties accused of wrongdoing in the deadly Quebec derailment disclosed their contributions.

But in a recent interview Raitt

said the amount was public.

She said it was included in Transport Canada's supplementary estimates as well as in its quarterly financial report under "out-of-court settlement." The amount listed is \$75 million.

Last week, Transport Minister Marc Garneau said the figure was "classified" when asked how much taxpayer money the government set aside for the settlement.

Garneau also reiterated Ottawa's denial — under both the Liberals and the Tories — that it had any legal responsibility for the 2013 oil-train accident that killed 47 people and levelled part of Lac-Mégantic.

"We don't acknowledge that we had any responsibility; however, we did want to make a contribution because of the

impact of this terrible tragedy in Lac-Mégantic," Garneau said last week.

Raitt agreed the government's main goal behind the settlement was to speed up the process.

"The motivation was simple: this was an opportunity to get money to the victims for wrongful death in a shorter period of time through the U.S. bankruptcy proceedings as opposed to a long, drawn-out, litigious court case," Raitt said in a recent interview.

The decision to settle may have also been made to avoid the cost of fighting in court. It would have faced numerous lawsuits related to the derailment on both sides of the border, said the U.S.-based bankruptcy trustee for the company at the centre of the crash — Montreal, Maine & Atlantic Railway. THE CANADIAN PRESS



We don't acknowledge that we had any responsibility; however, we did want to make a contribution. Marc Garneau



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INVICTUS GAMES

Harry promises big things for Canada

Prince Harry launched the official countdown to the 2017 Invictus Games on Monday, promising that the Toronto edition of the Olympic-style sporting event honouring wounded, injured and sick troops would be its biggest yet.

About 600 participants from 16 nations are expected to compete in the event, which is the 31-year-old royal's brainchild.

"This city will become the focal point for hundreds of men and women who use the pull of Invictus glory to motivate their recovery from physical and mental injuries," Harry told a gathering of servicemen at Toronto's Fairmont Royal York Hotel.

"And Toronto will take on responsibility for a competition that has the power to inspire millions of people around the world and to remind us all of the amazing contribution that our servicemen, women and veterans make."

Harry said the desire to found the games took root in 2008 while he was serving as an officer in Afghanistan.

He was forced to leave the front lines after his presence in the war-torn region was leaked to the media, potentially endangering the soldiers serving alongside him, he said.

THE CANADIAN PRESS



Justin Trudeau greets Prince Harry in Toronto on Monday to promote the 2017 Invictus Games. NATHAN DENETTE/THE CANADIAN PRESS

IN BRIEF

Charge dropped against Trailer Park Boys actor

A misdemeanor domestic battery charge has been dropped against Trailer Park Boys actor Mike Smith a month after his arrest in Los Angeles.

Smith, who plays the character Bubbles on the Canadian cult comedy, was arrested on April 1 after an incident at a Hollywood hotel involving a woman.

He was released on bail hours later, after being booked on suspicion of misdemeanor domestic battery.

THE CANADIAN PRESS

PQ leader pulls the plug on politics as kids win out

Pierre Karl Peladeau, chosen by Quebec sovereigntists last year to lead them to independence, stunned the Canadian political class Monday by quitting — a move that leaves the Parti Quebecois looking for yet another leader.

Peladeau, 54, who was elected PQ leader last May 15, fought back tears as he told a news conference he had chosen his family over politics.

THE CANADIAN PRESS



Republican presidential candidate Ted Cruz, right, exchanges words with Donald Trump supporters during a visit to Marion, Ind., on Monday. JEFF MOREHEAD/CHRONICLE-TRIBUNE VIA THE ASSOCIATED PRESS

Cruz on the edge

U.S. REPUBLICAN PRIMARIES

Indiana 'make or break' for Trump's No. 1 competition

Ted Cruz's conservative crusade for the presidency fought for new life Monday ahead of an Indiana vote that could effectively end the GOP's primary season. The fiery Texas senator hinted at an exit strategy, even as he vowed to compete to the end against surging Republican front-runner Donald Trump.

"I am in for the distance — as long as we have a viable path to victory," Cruz told reporters after campaigning at a popular breakfast stop.

With his supporters fearing Cruz could lose a seventh consecutive state Tuesday, the candidate's formulation hinted at a time when he may give up.

Like Ohio Gov. John Kasich, Cruz is already mathematically eliminated from reaching a delegate majority before the Republican Party's national convention in July. He retreated to Indiana more than a week ago, hoping a win could at least help him deny Trump an outright primary victory and lead to a contested convention.

But a recent poll of likely Indiana voters showed Trump holding a commanding lead.

At a stop in Monday in Marion, Ind., Trump supporters confronted Cruz.

"Lyn' Ted!" yelled one, using Trump's pet name for his rival.

"What do you like about him?" Cruz asked the man. "Name one thing."

"Everything," the protester replied.

After six straight victories across the Northeast late last month, math and momentum are on Trump's side. The anti-Trump movement's only hope is to deny the billionaire businessman a 1,237-delegate majority by defeating him in Indiana and the handful of contests remaining over the next month. Then, Cruz or another candidate would have to beat him when delegates gather in Cleveland in July.

"Millions of Americans are praying for this state," Cruz said. "The entire country is depending on the state of Indiana to pull us back from this cliff."

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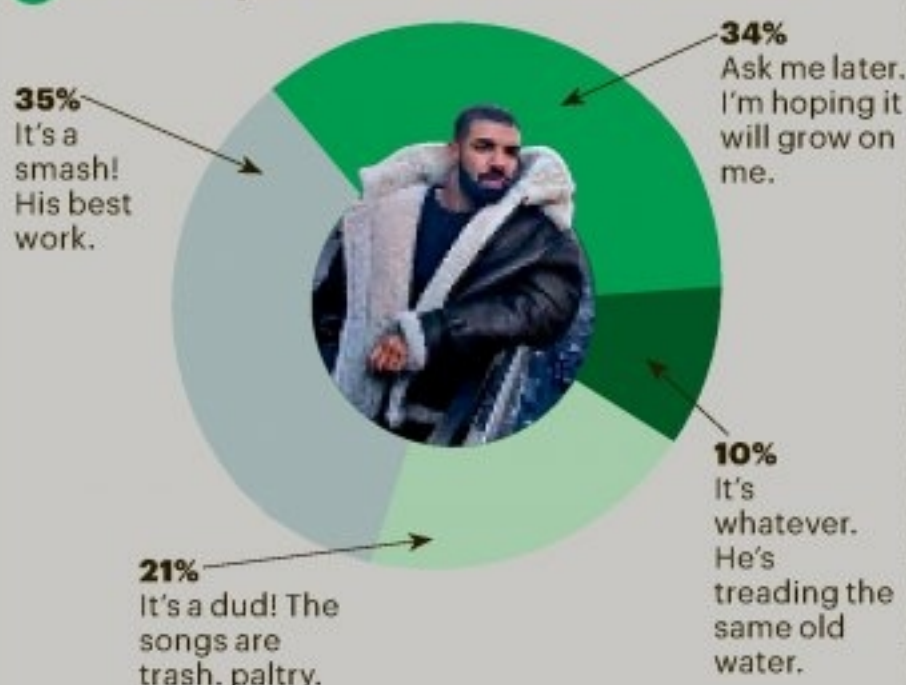
METRO POLL

What are your views on the new Drake?

Dope 6ix god or homesick clod?

Late Thursday night, The 6 was, for once, the actual centre of the universe, as Drake's fourth official album, almost two years in the hyping, premiered on Apple Music. The release was a sensation on social media, but early reviews were mixed: Some critics said it was a triumph; others said it was dull, repetitive and ponderous. We asked Metro readers to weigh in. Here's what you told us.

1 What do you think of the album overall?



2 We asked you to rate each track. Here's how you voted (avg. score out of 5):

- Hotline Bling (3.60)
- One Dance (3.56)
- Hype (3.38)
- Pop Style (3.33)
- Weston Rd. Flows (3.33)
- Controlla (3.28)
- Feel No Ways (3.23)
- Grammys (3.18)
- U With Me? (3.13)
- 9 (3.12)
- Views (3.10)
- Keep the Family Close (3.09)
- With You (3.06)
- Still Here (3.05)
- Redemption (3.05)
- Child's Play (3.02)
- Too Good (2.97)
- Faithful (2.89)
- Fire & Desire (2.89)
- Summer's Over (2.62)

WE ASKED Metro readers

This record is special. Why don't critics realize that the 'monotonous' effect is intentional?

Drake sucks. He isn't talented and his music is garbage.

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HAVE YOUR SAY

ROSEMARY WESTWOOD

Survey says: We do, in fact, believe survivors — most of the time

It was announced with all but a flourish of applause: Two-third of Canadians believe the majority of sexual assault claims are true. (The (!) was silent.)

You can almost hear the Ghomeshi protesters still chanting, "We believe survivors!"

And if you recall those frenzied weeks, when some (I was one) truly thought a real or metaphorical beast of sexism might be slayed, you will remember that, yes, it was mostly women's voices. Outside the courthouse, and at the rally after the acquittal.

Happily, in this new poll released yesterday by the Canadian Women's Foundation, men are better represented. But the numbers remain decidedly gendered. While 75 per cent of women believe most claims of sexual assault, only 59 per cent of men do. Men are also twice as likely to think sexual assault claims are false, though it's a merciful two per cent.

Men are more likely to say sexual assault is not very or not at all common, at 22 per cent. A whopping 93 per cent of women, on the other hand, say it's very or somewhat common. Men are more likely to say the issue is exaggerated by women's groups, and less likely to say sexual assault is the fault of the perpetrator. The poll also suggests men are less likely to believe that perpetrators (men) might feel entitled to

victims (women's) bodies.

I don't even need to extrapolate a probable cause for all this, because it's also right there in the data: Women are more likely to say sexual assault has touched their life or that of someone they know, and they are more likely to say sexual assault is underreported.

The Canadian Women's Foundation released the poll with praise for Canadians' willingness to believe survivors, but it also explains very clearly how unwilling many men remain.

It makes sense, though it's lazy, that someone wouldn't understand what they haven't experienced: namely, the sexualization of yourself in every facet of life, for men's and society's sake. Women, on the other hand, experience sexual assault like the weather.

This pervasiveness of both sexism and disbelief in sexism has given us such gems as the "attention-seeking" woman who risks personal and professional backlash in order to press sexual-assault charges, and Conservative MP Michelle Rempel, whose pedestrian, even mundane account of sexual harassment went viral, as if it were new, racy, or surprising.

This disbelief also feeds the need to celebrate any evidence of belief. But men, more than women, don't need applause: What they need is a little help getting this whole sexism thing.

There's no wishing away province's race problem

HALIFAX MATTERS

Stephen Kimber



Where to begin?

With the too-soon deaths of three young black men killed in separate incidents within a week last month?

Or with last Monday's announcement that the provincial government is restructuring — which, of course, is to say eliminating — a community-based program in North and East Preston, Cherry Brook and

Blacks are still routinely followed around in stores by salespeople or stopped by police because ... well, because

Lake Loon that had, ever since 1983, been helping young African Nova Scotians track down gainful employment?

Or perhaps we should begin with the most recent: Last Thursday, an independent human rights board of inquiry ordered Sobeys, our iconic, Nova Scotia-based supermarket chain, to apologize and pay \$21,000 to a woman it racially profiled at its Tantallon store in 2009.

Nova Scotia has a race problem.

We like to believe the bad old days — segregated schools, movie theatres that wouldn't allow blacks like Viola Desmond to sit in the white section, the Africville relocation — are now historic artifacts to be mea culpa-ed during African Nova Scotia Month each year, and then forgotten.

The reality is we have never fully escaped our history.

The most obvious symbols have mostly disappeared. Restaurants on Quinpool Road no longer refuse to serve blacks as they did in the early 1960s when retired senator Donald Oliver was a university student.

But blacks are still routinely followed around in stores by salespeople who assume they must be shoplifters, or stopped by police because ... well, because.

Labour Minister Kelly Regan may be right when she says the jobs program she axed was administratively top-heavy, but it's hard to shake the belief her government is more committed to balanced budgets than to opportunities for those who have none.

"All of this leads to feelings of despair," noted Rev-

erend Rhonda Britton, the pastor at Cornwallis Street Baptist Church.

She was trying to make sense of the recent string of murders involving young black men. "They've had bad experiences in school or in society as people who have been marginalized, or people who have been discriminated against. It leads to a lack of self-worth — a devaluing of self and others," she told the CBC.

That, more even than the murders, is the real crime, the societal crime we continue to commit. And our society pays a terrible price for it.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

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BY THE NUMBERS

Explaining the 1-minute workout

Busy people, listen up: What if you could push yourself to the max for just one minute and reap the benefits of a longer gym session? TORSTAR NEWS SERVICE



CONCLUSIONS AND LIMITATIONS The study was on the small side — just 25 participants — and didn't involve women, although Gibala says his team is working on parallel female research. Still, he says it's one of his most comprehensive studies to date, and innovative in its head-to-head comparison between small-dose sprint training and the traditional approach. Jonathan Little, an assistant professor at the University of British Columbia Okanagan's school of health and exercise science, praised the McMaster study, saying it's surpassing previous research. "No studies before have really looked at this very low time-efficient strategy for anything longer than six weeks," he says. istock

60

A new Canadian study from McMaster University shows doing **just 60 seconds** of intense sprint intervals offers the same health benefits as 45 minutes of less-strenuous continuous exercise — further reinforcing the benefits of trendy high-intensity interval training, or HIIT.

This is a reminder that even if you have **10 minutes** in your day — on your lunch hour — you can get in a **quality workout** with intense exercise

Martin Gibala, professor and chair of McMaster's department of kinesiology



The 12-week study focused on two groups of inactive men, with one group doing sprint interval training and the other doing continuous workouts three times a week on bicycles. Both groups improved cardiovascular fitness by nearly 20 per cent. But the interval-based group did 10 minutes for each session, broken into a two-minute warm-up, a 20-second burst, a two-minute recovery, another 20-second burst, another two-minute recovery, a final 20-second burst, followed by a three-minute cool-down. Those three 20-second bursts totalled just one minute of intense exercise. In contrast, the second group did 50 minutes of continuous exercise for each session, with a 45-minute workout plus warm-up and cool-down time. **That's a big difference in time commitment over a week: Just 30 minutes of exercise versus 150 minutes of exercise.**

30
VS
150

I tried to date local with the one-mile Tinder diet

ROMANCE

When it comes to finding The One, efficiency has its pitfalls

Amber Shortt
Torstar News Service

Dating is hard enough in the city without adding a commute.

After a long day at work, the last thing anyone wants to do is sacrifice crucial do-nothing time for being stuck hot and nervous on a streetcar trying to remember some anecdote about a place they went to in Italy that one time. Especially when the end result is almost always unsuccessful (It just takes one, so I keep being told).

And so after a couple years of singledom, I decided to rein in what had begun to feel like a long-running social experiment. I opened my dating app distance preferences and em-

barked on a One Mile Tinder Diet.

I'd read a New York Times article citing a 1932 study that found of 5,000 marriage licences issued in Philadelphia, one-third of the couples had lived in a five-block radius of one another before marrying, 1 in 6 in a one-block radius, and 1 in 8 at the exact same address.

I live in a pretty trendy area of downtown Toronto filled with many young(ish) eligible professionals like myself, and doesn't all the collective wisdom about online dating tell us too much choice is a bad thing?

And at first it seemed promising. Keeping it in the neighbourhood meant there'd always be time to bike home and re-tousle my helmet hair before heading out to a nearby and well-tested drinking establishment.

I could wear whatever shoes I wanted without my feet hurting.

And even if the boy next door wasn't Mr. Right or even

Mr. I Just Live Right Over There, I'd be home in time to pick up wherever I left off on Netflix.

And that's exactly how it went, with the exception of one Tinder Tourist, who was swiping near my home when he really lived in the east end.

Then things actually became promising. One date with a cute guy became multiple dates, and I'd started to think I was a genius as we strolled to the park near our condos to share his homemade vanilla bean ice cream that didn't have a chance of melting along the way.

But it wasn't long before I came to see the drawbacks of my plan. While out one afternoon in a less-than-date-ready outfit, I passed him drinking

with a friend on a patio and thought how awkward this would be should our romance end, as it did, not long after.

Now, I realize, a walk to the grocery store or liquor store comes with the chance of seeing a past suitor and seeing him on a date with someone else, and so I have to think about going to the supermarket a few blocks over or taking a long route to a different park, one that doesn't involve walking past any of the bars I think he might frequent.

And so I've recast my net a few more miles out. Because, really, avoiding a former flame is frustrating enough in this city, without adding a commute.

“

And even if the boy next door wasn't Mr. Right or even Mr. I Just Live Right Over There, I'd be home in time to pick up wherever I left off on Netflix



In search of love and convenience, Amber Shortt embarked on a one-mile Tinder experiment, only dating men in her neighbourhood. CHRIS SO/TORSTAR NEWS SERVICE

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NBA PLAYOFFS

Raps vs. Heat predictions

Storylines will emerge as the Toronto Raptors and Miami Heat get into their NBA Eastern Conference semifinal that begins Tuesday night at the Air Canada Centre.

Going in, though, here are some predictions:

Raptors will win if ...

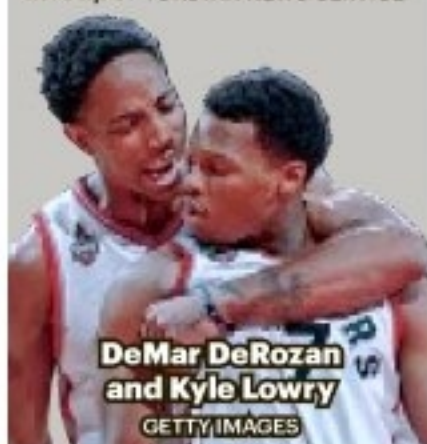
They ratchet up defence: Miami isn't the greatest shooting team all around and if the Raptors can limit the open looks, there will be long stretches of games where the Heat simply struggle to score.

Heat will win if ...

Whiteside runs wild: Hassan Whiteside can be a beast of a rim protector — he had a Miami playoff series record 24 blocked shots against Charlotte and if they can get that kind of play from him it takes away the ability of the Raptors guards to get to the rim and finish.

What will happen ...

It has all the makings of an even series, there are lots of similarities between the teams. There's going to be a lot of small ball played and some unconventional lineups. TORSTAR NEWS SERVICE



DeMar DeRozan and Kyle Lowry
GETTY IMAGES

Herd find their 'perfect fit'

QMJHL

Mooseheads name Tourigny as new coach

Kristen Lipscombe
Metro | Halifax

Andre Tourigny doesn't think stepping behind the bench for Halifax's major junior team is a step down from coaching in the National Hockey League.

The Halifax Mooseheads announced Monday that Tourigny, former assistant coach of the Colorado Avalanche and the Ottawa Senators, has signed a five-year contract to take the reins of the Herd.

"For me, I've been assistant coach for three years, but before that I had always been a head coach," Tourigny said Monday of what made him come back to the Quebec Major Junior Hockey League. "I'm excited to be back as a head coach."

The 42-year-old from Trois-Rivières, Que., spent two seasons as assistant with the Avalanche and one with the Senators. Before that, Tourigny spent more than a decade as head coach and general manager of the QMJHL's Rouyn-Noranda Huskies, where he set records in 27 categories, including most regular-season wins with 337.

Tourigny received the 2006 Ron Lapointe Award as QMJHL coach of the year.

"I grew as a coach, I grew as a person in the NHL," he



Then assistant Colorado Avalanche coach Andre Tourigny, top right, with head coach Patrick Roy, top left, in April 2015. Tourigny is now in charge of the Halifax Mooseheads and wants to be for the long term. DOUG PENSINGER/GETTY IMAGES

told Metro by phone, adding he's looking forward to sharing what he's learned from working alongside coaches and players in the big league with his new Q-league squad.

"I'm a hard-working guy. I'm a passionate coach and I like to talk to players, I like to communicate and I like to teach."

So having a young roster to work with is ideal, he said, adding he requested a long-term contract so that he could see the Mooseheads' rebuild through, starting with the upcoming QMJHL Entry Draft and CHL Import Draft.

“

I will do everything I can to make our team exciting for our fans.

New Halifax Mooseheads head coach Andre Tourigny

"I wanted to be with the Mooseheads for the entire process; I didn't want to be there for a short period," Tourigny said.

"They have six picks in the

top 28 at the next draft, they have the sixth pick for the import draft and they have good young players already on the team ... they have a really bright future."

Tourigny was at the U18 world championship in Grand Forks, N.D., last month when he got the call from Mooseheads majority owner Bobby Smith.

"As soon as Dom left, Bobby called me and offered me the job," Tourigny said.

Former Herd head coach Dominique Ducharme, who was with the team for five seasons, including the 2013 Me-

+ GOT THEIR MAN

It didn't take long for Tourigny to become the "No. 1 candidate" for the team's new bench boss, Mooseheads general manager Cam Russell said Monday.

The Senators canned Tourigny, along with head coach Dave Cameron and two other assistants, April 12, after the team failed to make the NHL playoffs. Former head coach Ducharme left the Mooseheads less than a week later.

"That happened right around the same time Dom left, so it was just kind of perfect timing for us," Russell said, adding his new head coach has "great credentials."

In addition to his NHL and QMJHL experience, Tourigny has also served as assistant coach for both Canada's men's U18 team and the national junior team.

morial Cup win, announced his resignation April 18.

For Tourigny, the Mooseheads were on his short list of teams he would consider returning to the Canadian Hockey League for as head coach, and Halifax is a city he could see becoming home for his family.

"It's a great city, it's a great organization (and) one of the biggest markets in the entire CHL," he said. "It's a perfect fit."

THE TOP 6@6

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- 6 Fifth Harmony ft. Ty Dolla Sign
Work From Home
- 5 Magic ft. Sean Paul
Lay You Down Easy
- 4 DJ Snake ft. Bipolar Sunshine
Middle
- 3 Rihanna
Kiss It Better
- 2 Justin Bieber
Company
- 1 Drake ft. Wizkid and Kyle
One Dance

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RECIPE Cobb Salad



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

This diner classic really deserves a place in your home as well. More of an assembly job than anything else, this healthy dinner comes together quickly.

Ready in

Prep time: 30 minutes
Cook time: 15 minutes

Ingredients

- 6 bacon slices
- 1 head of romaine, thinly sliced
- 4 oz feta, crumbled
- 1 avocado, diced
- 2 tomatoes, diced
- 2 chicken breasts
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

Directions

1. Whisk together garlic, thyme, vinegar, oil, salt and pepper. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into pieces

3. Grill chicken on top rack of oven at 475 degrees until cooked, about 5 minutes a side depending on the thickness. Allow meat to rest a few minutes and then slice across the breasts to make thin strips.

4. Arrange lettuce on a large platter. Now layer your ingredients in stripes across the lettuce. Serve with the salad dressing of your choice.

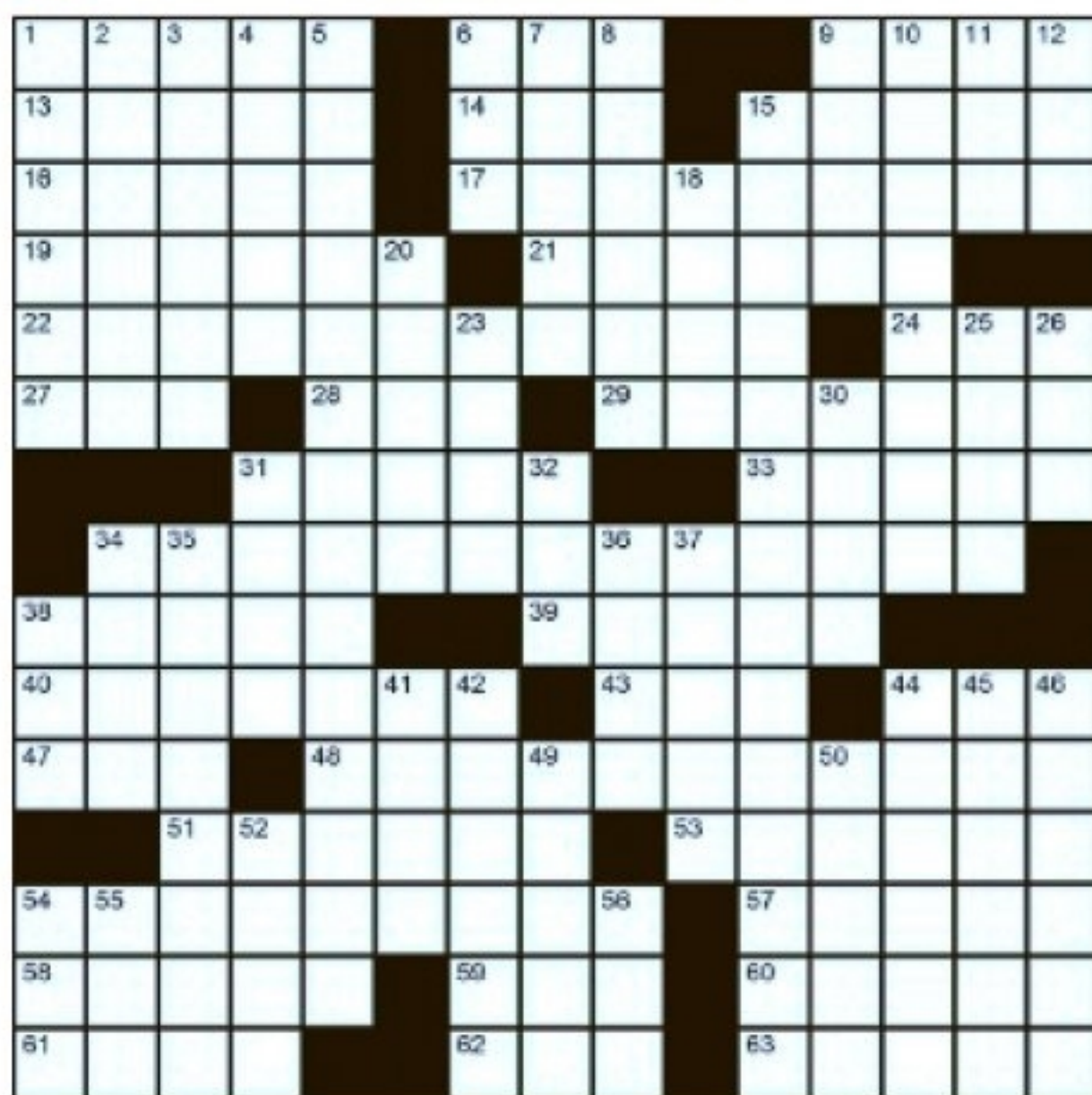
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BY KELLY ANN BUCHANAN

ACROSS

1. _ the boards (Act)
6. US driver's speed
9. Jason _ (BC Sports Hall of Fame curator, author of the new book at #22-Across)
13. Montreal Metro station, _-Bourassa
14. Dublin's li'l country
15. Mathematical proportion
16. Participate
17. Fighter jet groups: 2 wds.
19. "Rawhide" singer Frankie's
21. Polished in style
22. The _ _ : Stories of the 1954 British Empire and Commonwealth Games
24. Bond
27. Ginger beverage
28. _ Mahal
29. Flooring purchases
31. _ _ _ break (Pause for the commercials)
33. Theatrical work, _ Godunov
34. Canadian who won silver in the heavy-weight boxing final, regarded as one of the Top 10 moments of the 1954 British Empire and Commonwealth Games: 2 wds.
38. Houston's home
39. _ piano
40. Use the blue bin
43. 'North' suffix
44. Pro bono TV spot
47. "People _ People" by Depeche Mode



48. Exuberance: 2 wds.
51. Truly
53. Mr. Jackson, and namesakes (Ice Cube's real name)
54. Bringing back a movie role
57. Dessert selection
58. Petal product

- in perfumery
59. D.C. politician, e.g.
60. Suffixes with 'Exist' and 'Persist'
61. Boston's state, for short
62. PC keyboard key
63. Bassoon props

DOWN

1. " _ & Louise" (1991)
2. Fasten with a hammer again
3. Complete
4. Region
5. Atom Egoyan's seat: 2 wds.
6. NBA's Heat city, briefly

7. Spectrum source
8. Courageous
9. Country out-building
10. And so forth: 2 wds.
11. Business... Co., in French
12. Boxing stats
15. Four-minute-bar-

rier-breaking English athlete who won the historic race in Vancouver, as per the title at #22-Across: 2 wds.
18. Chick- _ _ (American restaurant chain)
20. Grey, like some stone
23. Internet occupation, say
25. Put _ _ writing
26. Winding shape
30. Water lily's water
31. Singer Macy
32. Summer mo.
34. Will of "The Waltons"
35. Book passages
36. Music loudness increase [abbr.]
37. Marx Brothers member
38. _-la-lal
41. Abner, et al.
42. Church, in Chicutimi
44. Mr. Brosnan
45. Declared
46. Evaluate
49. Canadian actor, Tyler _
50. France: Winery river valley
52. Historic chapters
54. Aries animal
55. Greek letter
56. 'Live Well' health supplements store

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
The Moon in your sign today makes you more emotional than usual. Therefore, guard against power struggles with authority figures. (You have been warned.)

Taurus April 21 - May 21
You might feel disgruntled about something today. Things are not flowing as well as you'd hoped. Just cruise for a while, because this is short-lived and tomorrow is a lovely day.

Gemini May 22 - June 21
Avoid power struggles with friends or groups today, because you will only regret it. You know that you love to have an adoring peanut gallery. Let's keep it that way.

Cancer June 22 - July 23
A power struggle with an authority figure is likely today; however, you can avoid this. Demonstrate grace under pressure. Wait until tomorrow, which is a smooth day.

Leo July 24 - Aug. 23
Steer clear of controversial subjects like politics, religion and racial issues today, because power struggles are likely. Mum's the word.

Virgo Aug. 24 - Sept. 23
Arguments about shared property, taxes, debt and inheritances are likely today. Therefore, don't even go there. Wait until tomorrow, which is a fine day.

Libra Sept. 24 - Oct. 23
Be patient with partners and close friends today to avoid family conflicts. You like to debate, but you don't like harsh conflict. Just coast until tomorrow, which is an easy day.

Scorpio Oct. 24 - Nov. 22
Do not try to persuade co-workers to agree with you today. Do not try to impose your ideas for improvements at work. Just let things simmer, because tomorrow is the day to do this.

Sagittarius Nov. 23 - Dec. 21
Parents need to know to avoid power struggles with their kids today. Why do this? It only makes everyone miserable. Wait a day to address any important issue, because tomorrow is just fine.

Capricorn Dec. 22 - Jan. 20
Ego battles with family members might take place today. (You need this like a fish needs a bicycle.) If there's something important to say, wait until tomorrow.

Aquarius Jan. 21 - Feb. 19
If you need to convince others today, you will do so; however, you might be ruthless. If you want to convince someone and leave the person smiling, wait until tomorrow.

Pisces Feb. 20 - March 20
You might feel obsessed about buying something today. "I must have it!" Best to postpone financial negotiations until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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The Power to Surprise

Offer(s) available on select new 2016/2017 models through participating dealers to qualified retail customers who take delivery from May 3 to 31, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to \$1,725, \$500 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-fill charges up to \$100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *0% financing on all 2016 models. Available discount is deducted from the negotiated purchase price before taxes. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (KAC), on a new 2016 Forte Sedan LX MT (F0546) with a selling price of \$15,995 based on monthly payments of \$206 for 60 months at 0% with a \$0 down payment and first monthly payment due at finance inception. Other also includes \$4,000 discount (33,500 loan credit) and \$500 competitive bonus** or loyalty bonus*. Cost of borrowing is \$0 and total obligation is \$15,995. Other taxes, registration, insurance and licensing fees are excluded. **Cash Purchase Price:** For the new 2016 Forte Sedan LX MT (F0546) is \$10,495 and includes a cash discount of \$5,500 (including \$4,500 cash discounts, \$500 competitive bonus** or loyalty bonus* and \$500 dealer participation). Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example:** Lease offer available on approved credit (KAC), on the 2016 Rio LX MT (R0546) with a selling price of \$14,495 (including \$2,000 lease credit discount and \$500 competitive bonus** or loyalty bonus*) \$19,995 is based on monthly payments of \$86 for 60 months at 0% APR, with \$0 security deposit, \$1,850/\$1,695 down payment and first monthly payment due at lease inception. Total lease obligation \$5,170/\$4,209 with the option to purchase at the end of the term for \$4,495/\$4,209. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometers). ****\$500/\$750 competitive bonus offer available on the retail purchase/lease of any new 2016 Forte, 2016 Soul, 2016 Sportage, 2017 Sportage, 2016 Optima, 2016 Rio, 2016 Rios and 2016 Rondo/2016 Sedona and 2016 Optima Hybrid from participating dealers between May 3 and May 31, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Honda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo, Buick and Jaguar vehicles. Some conditions apply. See your dealer or Kia.ca for complete details. **\$500/\$750 loyalty bonus offer available on the retail purchase/lease of any new 2016 Forte, 2016 Soul, 2016 Sportage, 2017 Sportage, 2016 Optima, 2016 Rio, 2016 Rios and 2016 Rondo/2016 Sedona and 2016 Optima Hybrid from participating dealers between May 3 and May 31, 2016 upon proof of current ownership/lease of a select competitive vehicle. Some conditions apply. See your dealer or Kia.ca for complete details. **\$60 gift will be awarded in the form of 20,000 Kia Member Rewards Dealer Points which can be redeemed at the participating Kia dealership in Canada where the customer took the test drive. \$60 gift can be used towards the purchase of parts, services, accessories or maintenance. In order for the points to be awarded, customers must have a Kia Member Rewards account. The Kia Member Rewards Program is open to any licensed driver with a Canadian mailing address and enrollment in the Program is free for the purposes of this promotion. Further details about the Program and Dealer Points are available at kia.ca/member-rewards. **Your local dealer may be closed May 15. Visit kia.ca/find-a-dealer for dealership hours.** No Purchase Necessary. Enter by taking a test drive at a participating dealer or online at kia.ca/drivetosurprise. Open to Canadian residents over the age of majority. Contest begins May 3, 2016 and ends June 30, 2016 at 11:59 pm ET. 30 Prizes will be awarded (10 to Quebec residents, 20 to residents of rest of Canada). Each prize consists of winner's choice of a trip experience up to \$10,000, or \$10,000 towards a Kia vehicle purchase/lease. Complete contest rules in dealership or at kia.ca/drivetosurprise. **Prize payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. *Model shown Manufacturer Suggested Retail Price for 2016 Soul SX Luxury (S07586) 2016 Forte SX AT (F07496) 2016 Rio SX AT with navigation (R07496) is \$27,495/\$26,695/\$22,795. The 2016 Rio was awarded with the Clef d'or "Best in Class" by L'Annuel de l'Automobile 2016. Visit www.annuelauto.com for all the details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2866. Kia is a trademark of Kia Motors Corporation.********